



# TRADITIONAL MĀORI GAMES

He oranga ngākau, he pikinga waiora.  
Positive feelings in your heart will enhance your sense of self-worth.

Te toi whakairo, ka ihiihi, ka wehiwehi,  
ka aweawe te ao katoa.  
Artistic excellence makes the world sit up in wonder.





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# **STICK GAMES AND EXERCISES**

# Stick games and exercises

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## Mauī, Matau

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### Equipment needed

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Rākau 20mm thick, between 90- 100cm tall. One for each student

### Number of players required

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Three or more players. Works well with large and small groups.

### Space required

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A area large enough for to stand in a circle with arms length distance between each student

### Outcomes of the game

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- Building listening skills
- Developing reaction skills to commands

### How to play the game

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1. Make a circle and have them spaced one arm length apart
2. Give each participant a rākau. They must stand the rākau up in front of them hold it there with only one finger which must be placed on top of the stick only
3. There are two commands  
Mauī: Left  
Matau: Right
4. When a command is given they must take their finger off the stick, step to commanded side and catch the rākau. Once they have completed the move they then reset the stick with their finger on the top and start again.
5. Continue with step four until you get down to two players. When this occurs, the players stand opposite each other and when the command is given they must go on that side of the rākau to grab their opposition's rākau.

### Rules

---

- You will need a person to call the commands, who is preferably not a doing the actions
- Players are eliminated if
  - They don't let go of the stick and step before grabbing the rākau
  - The rākau that they were going for drops to the ground before they are able to capture it
  - The rākau that a player has just let go of is deliberately pushed away by another player

### Variations

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Peke: Jump

Players must jump up, letting go of the stick and once they have landed they then grab the stick  
Muri (Front) and Mua (Behind)

Call a position to which the players must go

Huri (Turn)

Players must turn around in circle where they are

Ki Raro (Down)

Players must drop down into a crouch stance and perform whatever commands they hear. To be released from that stance the command "E Tū!" will be called

## Ti Rākau

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### Senior Movements: Right hand side

---

For this activity it is best to focus on each side individually

These movements are for the right side; in each of these the right hand is always loose with the left hand is always firm on the rākau

Make sure that both hands are on the rākau at all times.

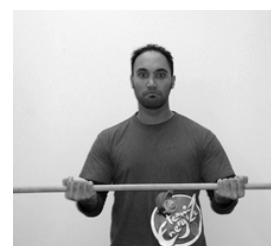
#### Tikapa

---

The set-up position. Both hands holding the rākau.

Palms facing upwards.

Right hand stays loose



#### Tipara

---

Slide right hand forward and turn your left hand over (palm down) so that the stick is pointing forward.



#### Tipoua

---

Bring rākau into an upright position

Do not let go of the rākau



#### Tipau

---

Push your left hand out to the left so that your palm turns upwards.

Slide the rākau through your right hand. Rākau shot finish parallel with the ground.



## The sequence

---

The movement will always start and finish with the set-up position Tīkapa (1). The sequence will run from 1 – 4 and back to 1 again, e.g. 1, 2, 3, 4, 3, 2, 1 – tīkapa, tīpara, tīpoua, tīpae, tīpoua, tīpara, tīkapa

## Senior Movements: Left hand side

---

After the group has mastered the right hand side you can move onto the left hand side. These movements are for the left side – in each of these the left hand is always loose with the right hand firm on the rākau. Make sure that hands are on the rākau at all times.

### Tīkapa

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Right hand stays loose in the set-up position.  
Both hands holding the rākau.  
Palms facing upwards.  
Left hand stays loose.



### Tīpara

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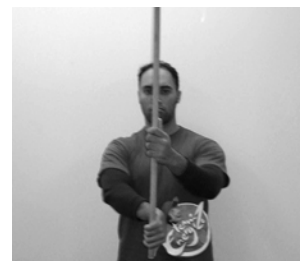
Slide left hand forward and turn your right hand over (palm down) so that the stick is pointing forward.



### Tīpoua

---

Bring rākau into an upright position  
Do not let go of the rākau



### Tīpau

---

Push your right hand out to the right so that your palm turns upwards.  
Slide the rākau through your left hand.  
Rākau should finish parallel with the ground.



## The sequence

---

Again this movement will always start and finish with the set-up position Tīkapa (1). The sequence will run from 1 – 4 and back to 1 again, e.g. 1, 2, 3, 4, 3, 2, 1 – tīkapa, tīpara, tīpoua, tīpae, tīpoua, tīpara, tīkapa

## Both sides progression

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Once the students have grasped each side then they can be put together and the movement will go right – left – right – left..

Walking forward can then be added, students will take a step forward as they move through the sequence. e.g. Four steps forward, then four steps backwards to the start.

# Tī Rākau / Tira

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## Junior Movements

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Sometimes juniors have difficulty in completing the more complex movements of Tī Rākau. These movements are designed to be more basic and achievable for juniors while still using the Māori language. These basic movements can then lead into the more complex senior movements.

### Ki Runga Ka Raro (KRKR1)

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Raro



Runga



- Hold rākau in horizontal position with **both hands facing up**.
- Perform movement by moving rākau up (above head), and down (in line with hips)
- Say the words KI RARO when the stick is down and KI RUNGA when the stick is up
- Make sure that all the students say the words together
- Perform in counts of ten.

### Ki Runga Ka Raro (KRKR2)

---

Raro



Runga



- Hold rākau in horizontal position with **both hands facing down**.
- Perform movement by moving rākau up (above head), and down (in line with hips)
- Say the words KI RARO when the stick is down and KI RUNGA when the stick is up
- Make sure that all the students say the words together
- Perform in counts of ten.

## Hurihia (HH)

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- Hold rākau in vertical position in front of body.
- Place hands in centre of the rākau with right hand above left hand
- Use both hands to spin the rākau in a clockwise direction, alternating both hands to allow the rākau to spin.

- Perform in counts of ten.
- Swap hands around for new start position with left hand above right hand.
- Repeat process turning the rākau in an anti-clockwise direction

## Ki Te Taha (KTT)

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Mauī



Tīmata



Matau



- Hold rākau in vertical position in front of body.
- Place hands in centre of the rākau with right hand above left hand saying the word TIMATA
- The movement is performed by using your wrists to turn the rākau side to side.
- When the stick is turned to the left say MAUĪ, then to the right saying MATAU
- Again make sure that all students say the word as well as do the action
- Perform in counts of ten
- Can also swap hands around – left hand on top right on bottom and repeat

## Teaching points

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### Body positions

- Body and back must remain straight and upright throughout movements
- Keep head up and facing forward
- Relax shoulders
- Knees slightly bent

### Sequence

1. Teaching and perform the first movement (KRKR1)
2. Teach and perform the second movement (KRKR2)
3. Combine both movements performing one after the other e.g. KRKR1 + KRKR2
4. Teach and perform KTT and HH
5. After learning each movement combine until students are able to perform all four movements one after the other

# Hi Aue

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## Grouping

---

Participants stand facing a partner

## Equipment

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1 stick per participant

## Instructions

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- Stick can be held with whatever hand hold is comfortable with hands apart
- The four moves that can be used are pictured below
- The starting person chooses one move and calls out 'He'.
- The partner responds with another different move calling out 'He'.
- Participants take turns until the two are holding the same position; the first person to call out 'Oi' (similar to the card game Snap) collects a point.
- 'Oi' can only be called once participants have had 3 moves each.

## Suggested Approach

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- Speeding up the game makes it interesting and challenging.
- Variations include;
  - Participants move on after each round -winners play winners and losers play losers.
  - Group challenge
    - e.g. all start as 'monkeys'; 1 win = 'baboons', 2 wins = 'gorillas'
    - A loss drops you down a level and a win takes you up.
    - You find another player at your level to challenge and carry on until an overall champion is declared at the end of a given time



# Poi Rākau

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Poi Rākau is a fast paced, co-operative game with the rākau passed and thrown in time to a rhythmical beat; the clapping of hands and the singing of chants is encouraged.

You can start with one 'korari' and as the pūtahi becomes confident they can try using two, then three 'korari' to quicken up the game and keep everyone on their toes.

If the pūtahi drops the korari then someone else from the circle has a turn at being the pūtahi.

## Equipment needed

---

Korari/ Ti Rākau

## Number of players required

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At least 5 players per team but you can have up to 15 players

## Space required

---

Indoor or outdoor area.

## How to play the game:

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- Players stand in a circle facing inwards with one player standing in the pūtahi (centre of the ring)
- The pūtahi starts the game by throwing the korari upright to someone in the wi (circle)
- That person catches the korari (seed stalk of the harakeke) with one hand keeping it upright and then quickly passes it using either their left or right hand, to a person immediately to their left or right.
- The person who receives it then grabs hold of it and then throws it upright back to the person in the pūtahi
- The pūtahi throws quickly and randomly turning quickly to catch and then throw the korari in a cooperative movement.

## Outcomes of the game

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- Building communication skills and cooperation
- Developing quick reflexes

# Pakiaka

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## Equipment needed

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Rākau and markings on the court

## Number of players required

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Groupings of five

## Space required

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Large flat area

## How to play the game

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- Put students into groups of five or six.
- There are certain foot movements that must be completed on the pakiaka. There is steady progression in this activity which is provided from the different levels of difficulty.

## Outcomes of the game

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- Used to strengthen the legs
- Increase agility, flexibility, speed and balance

## Rules

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- At all times students must not touch the pakiaka grid with their feet. Ensure the students are doing the pakiaka on the balls of their feet.
- An objective of the pakiaka is to ensure students keep their heads up with their eyes looking straight ahead and not on the grid. Also have the students do the grid with their hands on hips.
- Students start from the base of the grid. To avoid any collisions ensure the students do the pakiaka one at a time. Once they have completed the full length of the grid they return to the beginning to repeat.



The background features a vibrant green-to-yellow gradient with large, overlapping circular shapes. On the left side, there is a vertical strip of white, ornate scrollwork. The title 'HAND GAMES' is centered in a bold, orange, sans-serif font with a white outline.

# **HAND GAMES**

# Hand Games

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## Kia Tekau

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Counting forwards and backwards in Māori

### Equipment

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None needed

### Area Required

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Anywhere students can be spaces evenly

### Grouping

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Students evenly spaced in lines

### Instructions

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- First try each action individually before putting them all together
- Do not try to do the whole sequence (from TAHI to TEKAU) the first time; try get to RIMA at the most.
- The teacher will keep the pace and everyone will say the words as they do the action start slowly and increase the pace slowly.
- Start by performing the first action and saying 'TAHI'
- Then repeat the first action saying 'TAHI' followed by the second action and saying 'RUA', ending with the first action again 'TAHI' – e.g. TAHI, RUA, TAHI
- Continue this sequence, each time adding the next action and then returning back to 'TAHI' each time e.g. TAHI – TAHI, RUA, TAHI – TAHI, RUA, TORU, RUA, TAHI – TAHI, RUA, TORU, WHA, TORU, RUA, TAHI.

### Suggested Approach

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- We recommend that juniors start with the first three actions, and seniors begin with first five actions.
- When students are confident an elimination game can be done with the class.
- If students miss an action they are eliminated until there is an ultimate champion, increase the speed to increase the difficulty
- Students can then form groups to make up their own actions to the numbers and sequence them together to share with the whole class

Tahi



Rua



Toru



Wha



Rima



Ono



Whitu



Waru



Iwa



Tekau



# Kia Whitu

---

## Equipment needed

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None

## Number of players required

---

5 + players (This game is great with a big group)

## Space required:

---

Indoor or outdoor area where players can be evenly spaced.

## Outcomes of the game

---

Building listening skills

Learning to count forwards in Māori

## How to play the game

---

(This game is much the same as 'kia tekau')

- Have players spaced evenly in lines
- Try each action individually.
- The teacher/leader will keep the pace and everyone will say the words as they do the actions. Start slowly and increase the pace as the students become more confident.
- Start with the first action counting up to 'whitu' (seven).
- Add in the next action counting up to 'whitu' then you can start to build up the actions e.g. the first actions counting up to whitu followed by the second actions counting up to 'whitu' and so on. Once the students become confident you can ask them to make up an action and add it to the sequence.
- Once the students are more confident you can make it a competition and have players eliminated.

## Sequence of actions; (counting up to whitu)

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- Hands slap the thighs (up to whitu)
- Slap the thighs, clap the hands
- Slap the thighs, clap the hands, click the fingers
- Slap the thighs, click the fingers, clap the hands
- Slap the thighs, clap the hands, tap the left elbow, clap the hands, tap the right elbow, clap the hands, slap the thighs
- The beauty of this game is that you can get the students to make up their own sequences as long as they go up to 'whitu' or seven.

# Hipitoitoi

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## Intended outcome(s)

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The students could:

- participate in a wide range of ngā mahi a te rēhia (games and pastimes) activities and identify the factors that made the experience enjoyable (HPE 1 B2)
- express their own feelings effectively and listen to those of other people while working with others in hand (and string) games (HPE 1 C3)

## Suggested approach

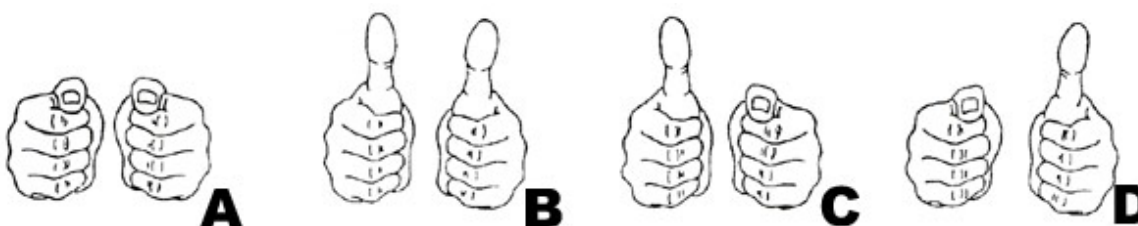
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This game is played with the thumbs held in four different positions while the fists are clenched and the hands are close together in front of the body.

## Positions

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- Both thumbs down.
- Both thumbs upright.
- Right thumb upright and left thumb down.
- Left thumb upright and right thumb down.



## Rules

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- The defender always begins the game by calling "E hipitoitoi!" while placing their hands in one of the four positions discussed above.
- The challenger replies with "Hipitoitoi" and does a different action to the defender.
- This will go on until one player is caught doing the same action as the other player, then the latter scores a point, calling "Hipitoitoi rā!"
- The winner of the point then re-starts the set, and they play again.
- Each time a player scores a point, they re-start the set by saying the number of points they now have followed by "E hipitoitoi!" For example, "Tahi. E hipitoitoi!", "Rua. E hipitoitoi!"

The game continues until one player scores ten points, which completes the set.

# Hei Tama Tu Tama

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## Equipment

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None

## Area required

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Any area where the group can be spaced evenly in pairs

## Grouping

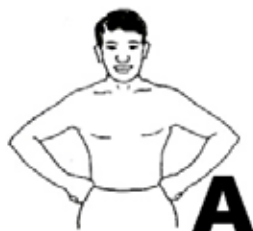
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Children in pairs.

## Instructions: Positions

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- Hands on hips. **A**
- Both forearms raised, fists clenched, and elbows to the side. **B**
- Raise right forearm with clenched fist, left hand on hip. **C**
- Raise left forearm with clenched fist, right hand on hip. **D**



## Rules

---

- The defender begins the game by calling "Hei tama tu tama" and places their hands in one of the four positions described above.
- The challenger replies with "Hei tama tu tama" and does a different action.
- When one player catches the other doing the same action, that player calls "Hei tama tu tama rā!" and scores a point.
- The winner of the point then re-starts the set, saying "Tahi. Hei tama tu tama" and play continues until a player is caught out again.
- Each time a player scores a point, they re-start the set by saying the number of points they now have followed by "Hei tama tu tama."
- The game continues until one player reaches ten points – this completes the set.

## Intended outcome(s)

---

The students could:

- participate in a wide range of ngā mahi a te rēhia (games and pastimes) activities and identify the factors that made the experience enjoyable (HPE 1 B2)
- apply rules in hand games and demonstrate safe and fair play practices (HPE 2 B4)
- identify and compare ways that playing games competitively can impact on friendships (HPE 2 C1)

## Suggested approach

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Hei Tama Tu Tama, like many early games, was designed to encourage mental dexterity. Even though the winning was important, it was the way in which competitors won that was the focus. The cheeky cajoling, the smile and grimace to put your opponent off were all part of the game. The pedagogy is ako, in which games are always supportive. This game is played using the upper body, arms, and hands, ensuring a balanced position.

# Meke

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## Equipment needed

---

None

## Number of players required

---

Pairs

## Space required:

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Indoor or outdoor area.

## Outcomes of the game:

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Building quick reaction skills  
Building flexibility

## Rules

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You have to keep your feet still  
You can only tap your partner (no hard hitting)

## How to play the game:

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Stand in your pairs facing each other, arms length apart.  
The aim is to try and tap your partners' shoulders while trying to avoid being tapped by your partner.  
After shoulders, try tapping hips and shoulders  
Then next level is for pairs to go down on their knees and try tapping their partners' shoulders.  
Once the pairs find it easy down on their knees, the next level is for the pairs to sit down on their backsides.





# BALL GAMES

# Ball games

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## Haka Riki

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### Equipment needed

1 medium sized kī (ball), cones and bands

### Number of players required

5 players per team

### Space required

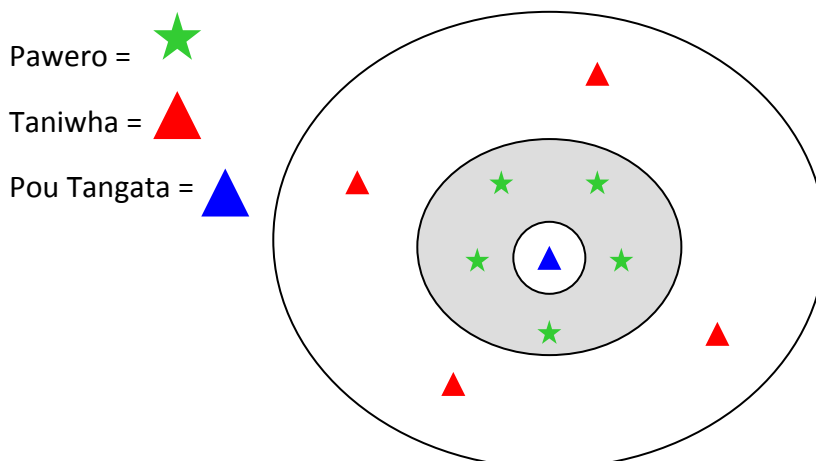
Indoor or outdoor area

### Outcomes of the game

Builds communication skills and cooperation. Develops a range of catching, throwing, and running and quick reaction skills.

### Field Layout

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### Rules

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#### Pou Tangata

- Catch (hopu) kī on the full for 3seconds:
  - 1pt – Takitutu / Tarapeke: neck and above
  - 2pts – Turipepeke: below neck
  - 3pts – Tuturi: sitting or one knee on ground

#### Pawero

- 1pt – Kikini: any ball which hits the ground
- 2pts – Hopu: catch ball on the full
- 3pts – Here: catch ball from 'Pou' rebound

## How to play the game

- Shaded area is called 'Pawero' and is the Pawero only zone. Score by hitting the kī onto the ground or by catching it on the full.
  - White area is called 'Te Roto' and is the Taniwha only zone.
- Aim: Get the kī to the Pou Tangata to score points.

## Ki-o-Rahi

### Equipment needed

One medium sized ball, cones, rippa tags, a large bin (green wheelie), 7 pou (fence standards)

### Number of players required

At least 7 players per team but you can have up to 14 players just increase the size of the playing field.

### Space required:

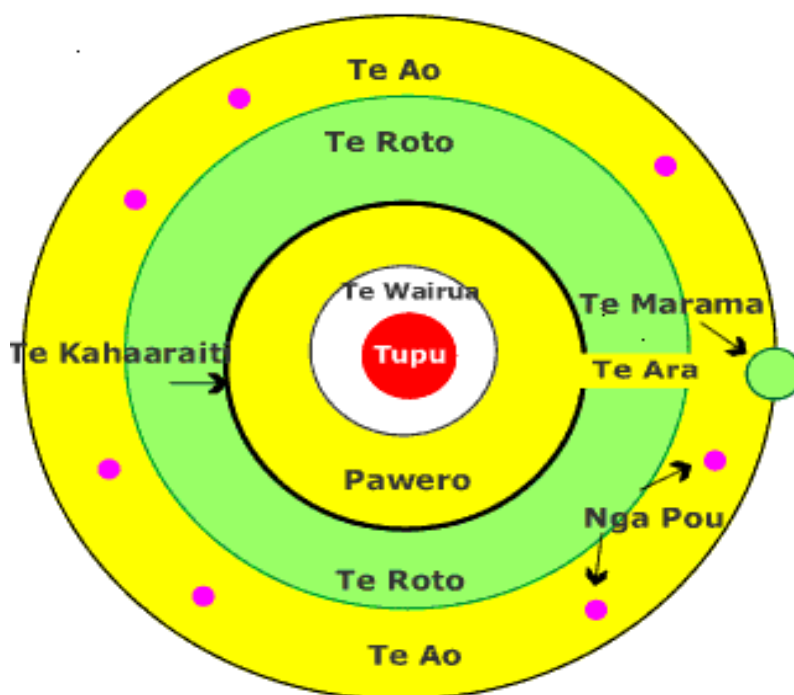
Outdoor playing field or large indoor gymnasium.

### Outcomes of the game:

Building communication skills and cooperation

Developing a range of catching, throwing, running and dodging skills.

### Field Layout



## Rules

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- You have two teams – one is called the ki-oma and the other team are the taniwha
- Ki-oma are allowed in the 'Te Ao' and 'Pawero' zones only. They can move freely between the two zones as long as they use the 'ara'. Taniwha are allowed in the 'Te Ao' and 'Te Roto' zones and can also move freely between them without having to use the 'ara'.
- All players wear rippa tags, once a tag is ripped you have 3 seconds to pass the ball to a team mate or it will result in a handover.
- Pou are only allowed to be touched once and it is not counted if it is touched a second time.

## How to play the game:

---

- The game is started by a 'ki-oma' player in the 'Marama' who kicks the ball aiming for one of their 'ki-oma' team mates in the 'pawero' zone they then throw the ball out to their players in the 'te ao' zone so they can start scoring points.
- The aim of the ki-oma are to protect the 'tupu', Score points by touching the pou with the "ki" (ball) and THEN running into 'pawero' zone without getting caught in the 'te roto' zone.
- The aim of the 'taniwha' team is to get the ball from the 'ki-oma' and pass it to their taniwha team mates in the 'te roto' zone so they can try and hit the 'tupu' to score a point.
- If the ki-oma score a try then the restart happens from the 'marama', if the taniwha hit the tupu and score a point the ball is still alive and play carries on.
- You can have timed halves so that at the end of the half the teams swap positions i.e. taniwha become ki-oma and vice versa.

## Whakapapa or Genealogy of the game of Ki-o-Rahi

---

The legend of 'Rahi' or how 'Ki-o-Rahi', the game of Rahi, came into being

Rahi had a beautiful wife named Ti Ara who was kidnapped by a far off enemy tribe.

When Ti Ara was taken her abductors cast a spell and made the bush dense and impenetrable so they were unable to be followed or tracked. However Rahi was a very determined man and with the help of his whānau and iwi he constructed a huge kite or manu tangata. Tāwhirimātea the God of wind blew Rahi and his kite high into the sky before gently landing him in the bush.

As Ti Ara was being taken through the bush she was secretly folding back leaves of the silver fern so Rahi had a trail to follow. Ti Ara's abductors eventually became aware of what she was doing so their tohunga cast another spell, which caused a scorching hot sun to come out. The sun's rays were so fierce and hot it dried the luscious green forest and as the brown withered leaves crumbled to the ground they were swept away by the fierce winds leaving behind nothing but a vast sandy desert.

Surrounded by desert, in the searing heat with no trail to follow Rahi was becoming dehydrated. As he was walking, a large yellow rock came into view and Rahi sought protection in its shade. Rahi sensed this rock was part of his tipuna or ancestors and as he sat, the yellow rock slowly changed to a cool green colour. While Rahi was sitting there Namu a giant friendly eagle that lived near Rahi's pa arrived and perched on the rock. The giant eagle gently trickled water from her beak onto Rahi's face.

Suddenly, a giant lizard appeared and tried to attack Rahi and the eagle but because of their mauri (inner life force) the lizard was unable to get to them. Frustrated, the lizard thrashed about its tail

uprooting trees and rocks, stones and sand all the while circling Rahi and the eagle. Because of all the circling and thrashing about, the lizard made a deep canyon around the rock which soon filled with spring water.

Now Rahi found himself marooned, and to make matters worse Ti Ara's abductors cast another spell causing the suns to disappear therefore producing a cold dark night. Namu, the eagle who was still perched on the rock tried to keep Rahi warm by blanketing him in her feathers all the while she was nearly freezing also.

Rahi looked up and he noticed three stars aligning in the night sky, he realized this was a sign that his father was casting a spell from his maunga (mountain). As Rahi watched he saw a narrow ice ramp form and so joining the island to the shore.

Rahi lifted the eagle onto his back and began to make his way across the narrow ice ramp. Just as they were about to reach the shore, the taniwha rose up out of the water and lashing at its own head he sent his razor sharp teeth flying like spears aimed at Rahi. But the life force of Rahi and the eagle were too strong and the spear like teeth hit the walkway without causing any harm. As if to celebrate the sun came out and the warmth gave the eagle and Rahi strength.

Rahi went back to his tribe and together they headed for the mountains to rescue Ti Ara and there they remained at the entrance to a cave hurling menacing threats at Ti Ara's abductors. After a while Rahi and his tribe used a number of rocks and boulders to block steam and thermal vents which covered this mountain. Soon the heat and pressure began to build up in the mountain and Ti Ara's abductors became fearful the mountain would explode so they were forced to flee the cave in a panic along with Ti Ara.

As Rahi and Ti Ara fell into each others arms earthquakes and shockwaves began to take place all around, forcing everyone to flee to safety. The next day there was a huge explosion hurling the mountain high into the sky.

The two tribes gathered on the shores of the lake where Rahi had been marooned, and decided to make peace. The great Taniwha was cooked, and for many days the two tribes ate and talked together. They came to the conclusion that it was quite possible to live peacefully in harmony, without war. It was here the two tribes agreed to lasting peace and created a game representing the attempted abduction of Ti Ara, which the tribes played together. This is how the game of Ki-o-Rahi came into being.

## Tapawai

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### Equipment needed

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Two medium sized balls, cones, rippa tags, 6 tennis balls

### Number of players required

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At least 7 players per team, up to 15 players just increase the size of the playing field.

### Space required

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Outdoor playing field or large indoor gymnasium

## Outcomes of the game

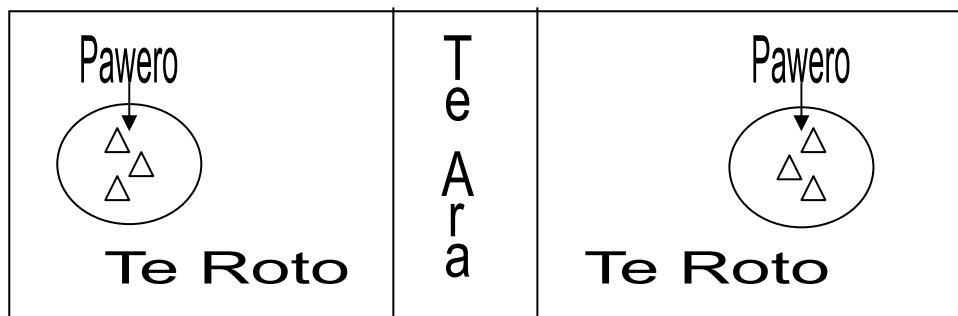
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Building communication skills and cooperation

Developing a range of catching, throwing, running and dodging skills.

## Field Layout

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## Rules

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- You are allowed to run with the ball (as in touch) but once your tag has been ripped you have 3 seconds to pass the ball otherwise you have to hand over to the other team.
- Only one 'kaitiaki' (guardian) is allowed in the 'pawero' zone. The 'kaitiaki' is allowed to use any part of their body to protect the targets. If the kaitiaki knocks over one of the targets that counts as a point for the other team and therefore restarts from the 'ara' (pathway).
- You are allowed to have full contact between the players in the 'ara' (teachers can control the amount of contact)
- Ball can be intercepted but the ball must **always** touch a team mate in 'te ara' before being used to attack the 'pawero'.

## How to play the game

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- The game is started by the 'ref' or teacher throwing the ball into the 'te ara' zone.
- The ball has to be touched by one of the players in the 'Ara' before it can be passed to one of their team mates in the 'Te Roto' zone.
- Each team has to knock of the oppositions balls in the 'Pawero' zone whilst trying to defend their own.
- When a ball has been knocked off a cone it restarts with the ref in the middle. When all 3 balls have been knocked off that team is the winner. (At this stage you can change around positions of players).
- Once the players understand positions and rules of the game you can add in another ball to keep the players more engaged

# Ti-Uru

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## Equipment needed

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Ball, 6 dots/carpet squares (or something similar)

## Number of players required

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At least 3 players per team but you can have up to 15 players just increase the size of the playing area.

## Space required

---

Outdoor or indoor playing area.

## Outcomes of the game

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Building communication skills and cooperation

Developing a range of catching, throwing, running and dodging skills.

## Field Layout

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## Rules

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- The aim of the game is to try and get rid of your dots by catching the ball while standing on a dot. Both feet have to be placed on the dot.
- You are allowed to have full contact between the players (teachers' discretion) and the players can knock the ball out of a persons' hand.
- You can only pass and catch the ball with one hand.

## How to play the game

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- The game is started by the 'ref' or teacher having a toss up between two opposing players.
- Players pass the ball between each other until one of their team mates is able to secure a dot.
- Players are allowed to push a player off the dots thereby not allowing them to score or get rid of a dot.
- There are no outs.





**Poi**

# Poi

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## Poi Toa - Horohopu

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### Equipment needed

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Poi toa, cones

### Number of players required

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At least 4+ players per team

### Space required

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Full size indoor basketball gymnasium/outdoor playing field area

### Outcomes of the game

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Building communication skills, cooperation

Developing reaction skills, throwing, spinning, catching and dodging skills

### Rules

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Players must catch the rope and not the 'ki', also the poi has to be caught before the 'ki' touches the ground or this will result in a handover.

The poi must be kept twirling and spinning at all times by the player who catches the poi toa.

Once a catch is made, players have to give at least 3 paces distance until a throw is made.

The player with the poi toa cannot walk or run but they can pivot.

If two or more players are trying to catch the poi, the player whose hand is nearest the 'ki' gets the poi.

### How to play the game

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Players from both sides spread out in the playing area. One side gets to throw the poi toa from their goal area they are defending. They spin their poi and throw to one of their team mates.

Players move freely around the area trying to get into catching and scoring positions.

To score, a player must catch the poi toa while having one hand placed on the gym wall.

Alternatively, if you are playing on a field players must catch the poi toa while having a hand placed on a cone in the scoring area.

# Poi Toa Skill Development Exercises and Games

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## Hand to hand passing

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- Initially have the players spinning the Poi Toa while standing still. Have them make big circles (with the ki or head of the Poi Toa) and then have them shorten their ropes to make small circle - and then letting out the rope to make big circles again.
- Then move the players on. Have them practice spinning and handing over the Poi Toa to each other without the Poi Toa stopping – they can do this in pairs. Body and hand positions are crucial when successfully passing and receiving a spinning Poi Toa.
- Next, divide the players into two equal teams. Have them standing still in a straight line with a two metre gap down the middle. Give the front person in each line a Poi Toa.
- On “Go!” they pass it to the next one in line, and so on, until the Poi Toa reaches the last player in the line who then runs to the front of the line, still spinning the Poi Toa, and sits down. The rest of the team sits down also.
- The first team “down” (having passed correctly and having kept the Poi Toa spinning) wins.
- Could also have the players keep going until everyone has had a turn at being in the front of their line. (This activity can also be adapted into a circle).

## Poi Toa relays

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- Arrange the players into pairs or into teams. If students are in pairs have them facing equidistant objects (e.g. cones) that they have to go around or touch before returning to their partner.
- Can also place obstacles (such as cones, hula hoops or car tyres), on the ground, that they have to negotiate as they run and spin. Have them run whilst continually spinning the Poi Toa.
- Remind them about shortening and lengthening the rope. They can do top spinning (whereby the Poi Toa is continually twirled horizontally above head height), side twirling, front twirling, twirling whilst running backwards, while knee “walking”, and many other variations.
- Have them hand the Poi Toa over to their partner, with the Poi Toa continually spinning.

## Long train running

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- Use cones to mark out a distance of 25 metres. Sort out teams with equal numbers. Sides line up behind their cone, with the first team member (the “train engine”) holding the Poi Toa.
- On “go!” that person runs while swinging the Poi Toa round and round to the cone, 25 metres distant, and returns.
- They then hand the Poi Toa over to the next team member, making sure to keep the Poi Toa circling – it must not stop spinning!
- Then they go behind the new “swinger” (Poi Toa handler), and with both hands grab onto their waist.
- The new “swinger” then runs to the distant cone (with their attached “carriage”/team mate) and returns.

- They then hand the Poi Toa over to the next player waiting inline, and then they grab that player's waist also.
- So now there are three players, all attached to each other, racing to complete the 50 metre course.
- The process continues until all the players have had a go at being the "train engine", have kept the Poi Toa spinning, and have remained attached.
- The first team to finish correctly wins.

Remember that the first person who runs will cover the greatest distance (so if there are eight in a team they will need to run 400 metres) and the last person will only have to run 50 metres.

## Spinning and throwing -

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- Have the player's pair up and standing five metres apart in two lines. Walk along one of the lines and hand out the Poi Toa (one Poi Toa between a pair). Get them used to throwing and catching the Poi Toa to each other.
- In the beginning remind them to spin the Poi Toa in a vertical and clockwise manner (right handed in relation to their body) before releasing it. Have the catcher grab the rope part only, before the Poi Toa makes contact with the ground. They can experiment with the throwing positions as the lesson progresses.
- As their confidence and ability improves, have the lines move much further apart to ten and twenty metres. When they are ready, have them really give the Poi Toa some air – ten or twenty metre heights should be no problem! The players will automatically perfect their foot movements and time their hand and eye coordination to complete the catching and passing skills.
- A competition could also be included into this lesson – for the pair who can throw and catch the furthest and/or a Poi Toa distance throwing competition.
- Target throwing can also be introduced. Spread a mat out on the ground, and from twenty metres or more, see who can land their Poi Toa onto it.

## Circle Catching –

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- Players, and the Poi Toa holder/thrower, form a large circle. The players are numbered off, e.g. 1, 2, 3, 4...1, 2, 3, and 4...so each person has a number.
- The Poi Toa holder then readies the players: "I will call out a number from one to four – when you hear your number you must run into the centre of our circle and try to be the first person to catch the Poi Toa.... "Ready, ready" – (the holder spins and releases the Poi Toa high up into the air) ...number three!"
- Then the entire number "3" s sprint into the centre and try to be the first to catch the Poi Toa before it hits the ground.
- The Poi Toa thrower needs to throw accurately and to perfectly time the calls.
- The Poi Toa can only be caught on the rope (not the head or "ki" part) and if two players both catch the Poi Toa at the same time the player who caught it closest to the end of the rope wins.
- Offer lots of positive reinforcement to the players for encouragement and/or have a competition – e.g. first to make three catches.

- The Poi Toa thrower can also experiment by throwing two or more Poi Toa up at once (make sure the Poi Toa separate during flight) and/or call out more than one number.
- With small groups a variation is to start by calling out the individual's names, e.g. "Rakura!", and throw a single Poi Toa up into the air, to give each person an opportunity to practice catching and to experience initial success.
- The circle method is also a great way for players to get to know each others names – use just one Poi Toa and have player's call out the name of the person they are going to pass to.

## Sprint Catching -

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- Have the players get into five equal teams, and to line up facing you.
- Ask the front people in each line to come forward and, in a straight line, have them get into a crouched sprint start position (or it could be from a lying on their stomachs position, etc).
- Then have them go through the "on your marks...set...Go!" sprinters technique.
- While you are calling this, spin two Poi Toa, and release them at the same time you say "Go!" The sprinters race out, 15-20 metres is a good distance, and try to catch a Poi Toa.
- Give one point for each Poi Toa caught and play until one side has 20 points.
- Another variation on the sprint/catch theme is to have; for example, six players lined up in the sprint formation – on "Go!" throw five Poi Toa up into the air.
- Players are to catch only one Poi Toa each. Each time one player drops off (or more if catches are not made) until the final, when there are just two sprinters left to compete for one Poi Toa.

## Easy to make poi

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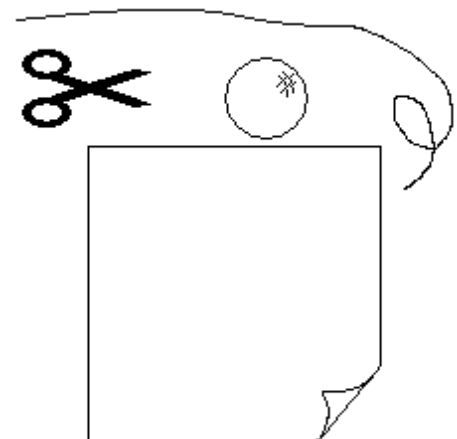
This is a simple easy to make Māori practice Poi.

To make you will require:

- Newspaper or Tennis Balls
- Colour paper or fabric,
- String/Cord
- And Scissors

1. The cords should be about 800mm long, so you can also tie around the paper ball.

2. You can if you wish plait different coloured wool together to make a nicer looking Poi cord.

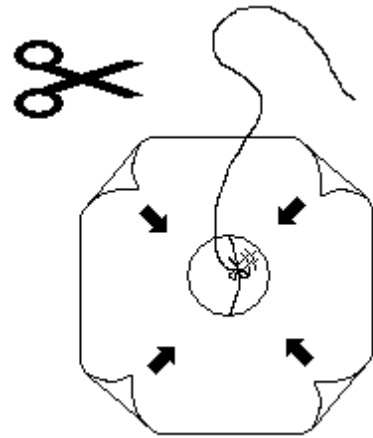


3. Push the newspaper into a ball (or use tennis ball) and tie one end of the cord around the ball.

4. Cut the coloured paper into a square about 400mm x 400mm.

5. Place the ball in the middle of the paper and gather the material over the ball.

6. Cut another piece of cord to tie the opening in the material



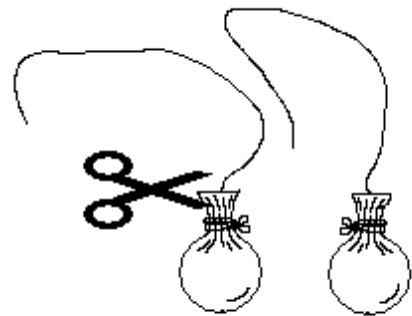
up.

7. You can also add a layer of plastic over the Bag Poi and tie as before. This will make them last longer when used outside.

8. Trim the gathered paper with the scissors.

9. Tie loops or knots in the ends of the cord to hold onto as handles.

10. Make another one and you have your first set of Poi.



This is a very basic bag Poi. You can easily add to and decorate as you wish.

Māori Kapa Haka (performance) Poi are fairly light and you may want to use seeds or rice to make them heavier. Be aware that if you hit yourself you may want it to be soft and light enough not to bruise.

The heavier you make it the slower you can spin and the less likely the Poi will be affected by any wind.



# OTHER GAMES

# Other games

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## Mu Torere

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### Equipment needed

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- Papa Taakaro (Games Board), 8 counters (two different colours)

### Number of players required

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- Pairs (one board between two people)

### Space required:

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- Indoor or outdoor area.

### Outcomes of the game:

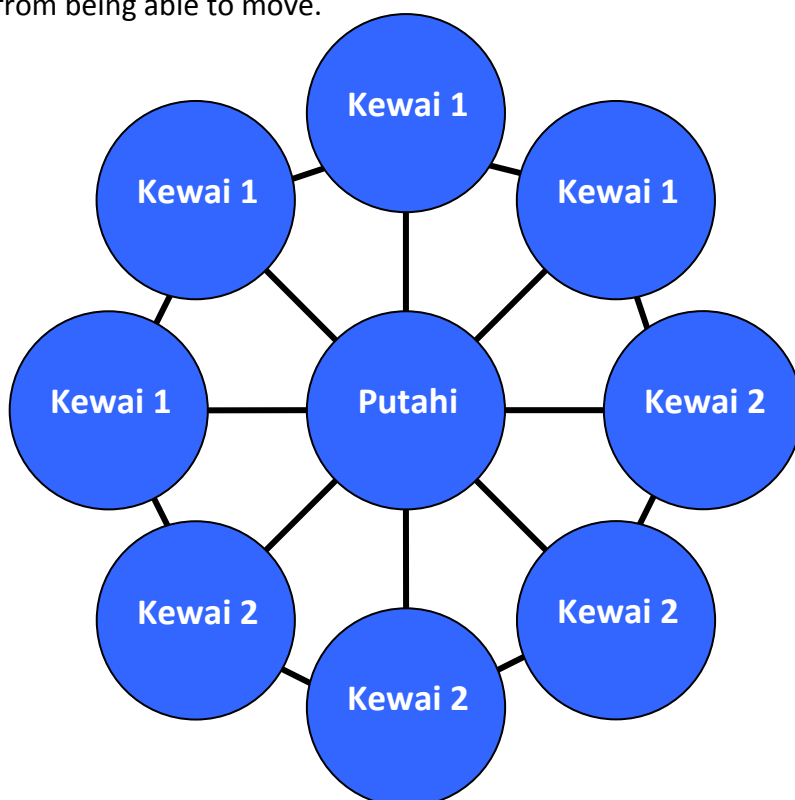
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- Outwit your opponent

### How to play the game:

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1. Each player gets to start with all their pieces on one half of the board, placed on the 4 'kewai' (points).
2. The first move always has the starter moving one of their outer pieces into the 'pūtahi' (centre).
3. Each player then moves one piece at a time alternately, if a piece is on one of the 'kewai' it can be moved onto the empty central 'pūtahi' or onto one of the two empty flanking 'kewai' – if a piece is on the central 'pūtahi' it is moved to the vacant 'kewai'.
4. You cannot jump over another piece not have more than one piece on a 'kewai' or in the 'pūtahi' at the same time.
5. The object of the game is to move you pieces into such positions as to prevent your opponent from being able to move.



# Breathing Exercises

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Long Māori word practice – The aim of this game is to try and say the phrases without taking a breath.

1. Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu
2. Ka kotahi ti, ka rua ti, ka haeremai te pa ti tore, ka rauna, ka rauna, ka noho i te kiwikiwi, he pō, he wai takitaki.
3. No pi, No pa, ka hui a mai, kai ana te whetū, kai ana te marama, ko te tio e rere ra, runga ra, te pekapeka kotore, wiwi, wawa, hekeheke te mauī ki o tau, tihei mauriora.

## Kia Rima

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### Counting forwards & backwards in Maori

#### Equipment

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No Equipment

#### Area required

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Indoor or Outdoor area where students can be spaced evenly

#### Grouping

---

Students evenly spaced in lines

#### Instructions

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- First try each action individually before putting them all together in a sequence.
- This activity is much the same as 'Kia Tekau' but these movements are jumping and stepping movements.
- The teacher will keep the pace and everyone will say the words as they perform the action. Start slowly and increase the pace slowly.
- Start by performing the first action and saying 'TAHI'
- Then start again by performing the first action and saying 'TAHI' followed by the second action and saying 'RUA', ending with the first action again 'TAHI' – e.g. TAHI, RUA, TAHI.
- Continue this sequence, each time adding the next action and then returning back to 'TAHI' each time. Eg. TAHI – TAHI, RUA, TAHI – TAHI, RUA, TORU, RUA, TAHI – TAHI, RUA, TORU, WHA, TORU, RUA, TAHI.

## Suggested Approach

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- We recommend that juniors start with the first three actions, and seniors begin with first five actions.
- When students are confident an elimination game can be done with the class. If students miss an action they are eliminated until there is an ultimate champion. Increase the speed to increase the difficulty

Students can then form groups to make up their own actions to the numbers and sequence them together to share with the whole class.

## Stepping and Jumping Movements

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**TĪMATA**



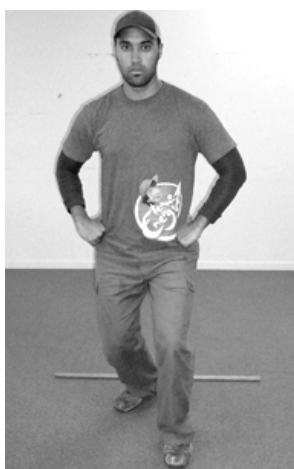
**TAHĪ**



**RUA**



**TORU**



**WHĀ**



**RIMA**



The cover features a vibrant green background with large, overlapping, semi-circular shapes in varying shades of green. On the left side, there is a vertical white decorative border with intricate, swirling scrollwork patterns.

# **PAPA KUPU**

## **GLOSSARY OF TERMS**

# Papa Kupu – Glossary of Terms

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## Nga Kēmu – Games

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<i>Māori</i>	English	<i>Māori</i>	English
<i>Ki-o-Rahi</i>	Ball of Rahi	<i>Tupu</i>	Rock(Target)
<i>Te Ara</i>	Pathway	<i>Nga Pou</i>	Poles
<i>Ki-Oma</i>	Runners	<i>Poi Toa</i>	Warrior Poi
<i>Kaitiaki</i>	Guardian	<i>Ki</i>	Ball
<i>Rākau</i>	Stick	<i>Korari</i>	Centre Flax Shoot
<i>Putahi</i>	Centre Piece	<i>Kewai</i>	Point (Mu Tōrere)
<i>Mu Tōrere</i>	Board Game	<i>Timata</i>	Start/Begin
<i>Papa Taakaro</i>	Board Game	<i>Harakeke</i>	Flax

## Tohutohu – Directions

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<i>Māori</i>	English	<i>Māori</i>	English
<i>Mauī</i>	Left	<i>Matau</i>	Right
<i>Runga</i>	Up/Above	<i>Raro</i>	Down/Below
<i>Ki Runga</i>	Upwards	<i>Ki Raro</i>	Downwards
<i>Taha</i>	Side	<i>Mua</i>	Front
<i>Muri</i>	Behind		

## Te Tatau – Counting

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<i>Māori</i>	English	<i>Māori</i>	English
<i>Kore</i>	Zero	<i>Tekau ma tahi</i>	Eleven
<i>Tahi</i>	One	<i>Tekau ma rua</i>	Twelve
<i>Rua</i>	Two	<i>Tekau ma toru</i>	Thirteen
<i>Toru</i>	Three	<i>Tekau ma whā</i>	Fourteen
<i>Whā</i>	Four	<i>Tekau ma rime</i>	Fifteen
<i>Rima</i>	Five	<i>Tekau ma ono</i>	Sixteen
<i>Ono</i>	Six	<i>Tekau ma whitu</i>	Seventeen
<i>Whitu</i>	Seven	<i>Tekau ma waru</i>	Eighteen
<i>Waru</i>	Eight	<i>Tekau ma iwa</i>	Nineteen
<i>Iwa</i>	Nine	<i>Rua Tekau</i>	Twenty
<i>Tekau</i>	Ten	<i>Kotahi Rau</i>	One Hundred

## Kupu Mahi – Action Words

<i>Māori</i>	English	<i>Māori</i>	English
<i>Tu</i>	Stand	<i>Noho</i>	Sit
<i>Oma</i>	Run	<i>Hīkoi</i>	Walk
<i>Haere</i>	Go	<i>Tatari</i>	Wait
<i>Peke</i>	Jump	<i>Piki</i>	Climb
<i>Kanikani</i>	Dance	<i>Hurihuri</i>	Turn around
<i>Pakipaki</i>	Clap	<i>Piko</i>	Bend
<i>Whiu</i>	Throw	<i>Whana</i>	Kick
<i>Kukume</i>	Pull	<i>Pana</i>	Push
<i>Whakarongo</i>	Listen	<i>Korero</i>	Speak
<i>Titiro mai</i>	Look here	<i>Mātakitaki</i>	Watch

## Nga wahanga o te Tinana – Parts of the Body

<i>Māori</i>	English	<i>Māori</i>	English
<i>Ūpoko</i>	Head	<i>Pakihiwi</i>	Shoulders
<i>Puku</i>	Stomach	<i>Turi</i>	Knees
<i>Hope</i>	Hip	<i>Waewae</i>	Legs
<i>Ringaringa</i>	Hands	<i>Nono</i>	Backside
<i>Rekereke</i>	Ankles	<i>Matiwae</i>	Toes
<i>Matimati</i>	Fingers	<i>Kanohi</i>	Face
<i>Karu</i>	Eye	<i>Ngutu</i>	Lips
<i>Taringa</i>	Ear	<i>Arero</i>	Tongue
<i>Kauae</i>	Chin	<i>Waha</i>	Mouth
<i>Pāpāringa</i>	Cheek	<i>Ihu</i>	Nose

## Kupu Āhua – Describing Words

<i>Māori</i>	English	<i>Māori</i>	English
<i>Pai</i>	Good	<i>Ora</i>	Well
<i>Hiakai</i>	Hungry	<i>Hiainu</i>	Thirsty
<i>Ngeenge</i>	Tired	<i>Wera</i>	Hot
<i>Makariri</i>	Cold	<i>Harikoa</i>	Happy
<i>Pouri</i>	Sad	<i>Hiamoe</i>	Sleepy
<i>Pukuriri</i>	Angry	<i>Hōhā</i>	Fed Up

## Mahi Takohe – Leisure Activities

<i>Māori</i>	English	<i>Māori</i>	English
<i>Kapa Haka</i>	Performing Arts	<i>Mahi Hakinakina</i>	Sports
<i>Eke Ngaru</i>	Surfing	<i>Peke Taura</i>	Bungee Jumping
<i>Retireti Hukapapa</i>	Skiing	<i>Retireti Wai</i>	Water Skiing
<i>Eke Pahikara</i>	Biking	<i>Kauhoe</i>	Swimming
<i>Taakaro</i>	Play	<i>Pā Whutuporo</i>	Touch Rugby
<i>Netiporo</i>	Netball	<i>Whutuporo</i>	Football







Te Kohao Health



Kirikiriroa Marae

**Ngā miri**  
HEALTH



Te  
Korowai  
Hauora  
O  
Hauraki